

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 02036, Spices, rosemary, dried

Report Date: October 26, 2015 05:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tsp 1.2g	1 tbsp 3.3g
Proximates						
Water	g	9.31	7	1.524	0.11	0.31
Energy	kcal	331	--	--	4	11
Energy	kJ	1387	--	--	17	46
Protein	g	4.88	3	0.809	0.06	0.16
Total lipid (fat)	g	15.22	4	1.818	0.18	0.50
Ash	g	6.53	6	0.340	0.08	0.22
Carbohydrate, by difference	g	64.06	--	--	0.77	2.11
Fiber, total dietary	g	42.6	2	--	0.5	1.4
Minerals						
Calcium, Ca	mg	1280	4	188.149	15	42
Iron, Fe	mg	29.25	4	7.158	0.35	0.97
Magnesium, Mg	mg	220	3	5.774	3	7
Phosphorus, P	mg	70	3	20.817	1	2
Potassium, K	mg	955	5	70.803	11	32
Sodium, Na	mg	50	6	3.845	1	2
Zinc, Zn	mg	3.23	3	0.233	0.04	0.11
Copper, Cu	mg	0.550	--	--	0.007	0.018
Manganese, Mn	mg	1.867	--	--	0.022	0.062
Selenium, Se	µg	4.6	--	--	0.1	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	61.2	1	--	0.7	2.0
Thiamin	mg	0.514	1	--	0.006	0.017
Riboflavin	mg	0.428	--	--	0.005	0.014

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.2g	1 tbsp 3.3g
Niacin	mg	1.000	1	--	0.012	0.033
Vitamin B-6 ¹	mg	1.740	2	--	0.021	0.057
Folate, total	µg	307	--	--	4	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	307	--	--	4	10
Folate, DFE	µg	307	--	--	4	10
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	156	1	--	2	5
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	3128	1	--	38	103
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	7.371	1	--	0.088	0.243
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.050	1	--	0.001	0.002
12:0	g	0.037	1	--	0.000	0.001
14:0	g	0.315	1	--	0.004	0.010
15:0	g	0.131	1	--	0.002	0.004
16:0	g	4.991	1	--	0.060	0.165
17:0	g	0.094	1	--	0.001	0.003
18:0	g	0.600	1	--	0.007	0.020
20:0	g	0.379	1	--	0.005	0.013
22:0	g	0.387	1	--	0.005	0.013
24:0	g	0.294	1	--	0.004	0.010
Fatty acids, total monounsaturated	g	3.014	1	--	0.036	0.099
14:1	g	0.059	1	--	0.001	0.002
16:1 undifferentiated	g	0.170	1	--	0.002	0.006
18:1 undifferentiated	g	2.660	1	--	0.032	0.088
20:1	g	0.125	1	--	0.002	0.004
22:1 undifferentiated	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 1.2g	1 tbsp 3.3g
Fatty acids, total polyunsaturated	g	2.339	1	--	0.028	0.077
18:2 undifferentiated	g	1.160	1	--	0.014	0.038
18:3 undifferentiated	g	1.076	1	--	0.013	0.036
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	58	--	--	1	2
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

²Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

³Zheng, W. and Wang, S.Y. Antioxidant activity and phenolic compounds in selected herbs., 2001 J. Agric. Food Chem. 49 11 pp.5165-5170

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1495 ROSEMARY
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0117 HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION